

College

Newsletter



MacKillop

St Mary MacKillop College Canberra



Volume Three

17 March 2023

Coming

Up

MON	20	M	A	R	<ul style="list-style-type: none">• ANU and UAC Information Sessions
MON	27	M	A	R	<ul style="list-style-type: none">• Year 7 Immunisations
TUE	28	M	A	R	<ul style="list-style-type: none">• Year 7 Immunisations• Year 10 Urban Challenge Parent Information Session
WED	29	M	A	R	<ul style="list-style-type: none">• Year 10 Urban Challenge Student Information Session• ASC Swimming Carnival• Year 7 Immunisations
FRI	31	M	A	R	<ul style="list-style-type: none">• Year 10 Immunisations
MON	03	A	P	R	<ul style="list-style-type: none">• Year 10 Work Experience Week
THU	06	A	P	R	<ul style="list-style-type: none">• Term 1 Concludes
FRI	07	A	P	R	<ul style="list-style-type: none">• Good Friday (Public Holiday)
MON	10	A	P	R	<ul style="list-style-type: none">• Easter Monday (Public Holiday)



Principal's Letter

Principal's Prayer

Lord, as we reflect on International Women's Day, we give thanks for the example of fidelity, substance, character, and moral will found in our patron, St Mary MacKillop. Amen.



Dear parents/carers, teachers and students,

Opening College Mass – 3 March

Thank you to everybody involved in a memorable and heartfelt expression of Eucharist, scripture, prayer, tradition, and community that was embodied in our Mass. Over half the College had never experienced a whole-school Opening Mass and their respect, participation, and faithfulness has been widely commended by our community – neither phenomena are a surprise!

Thank you to Mrs Clare Kinnane, our AP Faith, Mission and RE, and to our College Chaplain, Fr James Antony CMI, for the warmth, welcome, and dignity of his celebration. Our community is fortunate to have him among us.

Happily, Sr Noelene and Sr Colleen of the Sisters of St Joseph were present at our celebration. Sr Noelene, our foundation principal, generously wrote to me after the event. In her letter, she said: *"I felt intensely proud to observe the strength, courage and honesty at the Opening Mass. St Mary MacKillop's legacy truly lives on, in your community, and it gives me great hope in our young people and our future. I was so blessed to be involved in the first 'beginnings' of MacKillop College, and it gives me delight to see the flourishing that has emerged from those early beginnings. Every blessing to each one of you for this Lenten season and this year of 2023. Allow gratitude to fill your hearts during this special 25th year of blessings!"*

Athletics Carnival 2023

Whilst it would be unkind to suggest that I contact the Archbishop to inform him of a miracle in his Archdiocese, it is rare for Meup Meup (Fire/Red House) to win much at this school. That their name is largely absent from most trophies is not a reflection of their lack of talent or spirit; 2023 has proved to be either exceptional or the start of a new trend, with Meup Meup taking the Championship Trophy at the Swimming Carnival (previously heralded in this newsletter) and now at the Athletics Carnival. Congratulations also to Gurabang who captured the Spirit Cup.

A particular thanks to Mrs Romina Schofield for her superb organisation, to all the staff who ensured a safe and spirited event, and to each student for their participation and good will.

Principal's Letter on Uniform

Thank you for the positive and enthusiastic feedback and expression of support following my email on a number of uniform matters. The feedback of parents/carers will be presented to the Board at the next meeting.

Yours sincerely in St Mary MacKillop and written on Ngunnawal land,

A handwritten signature in black ink, appearing to read "Michael Lee".

Mr Michael Lee
College Principal





We're enrolling now for 2024!

Visit our website to enrol or to register for our upcoming enrolment events:
www.mackillop.act.edu.au



Year 7 2024 Info Night

Monday 1 May
Padua Campus

Book a session:
www.mackillop.act.edu.au

Try MacKillop Day

Friday 5 May
Padua Campus

For Year 6. Register at:
www.mackillop.act.edu.au

Year 11 2024 Info Night

Wednesday 10 May
St Peter's Campus

Save the date - more information to come

Applications for Year 7 2024 close Friday 26 May
Enrolment enquiries: enrolments@mackillop.act.edu.au

A Catholic school for all.





Opening Mass

St Mary MacKillop College celebrated the start of the 2023 school year with the Opening Mass on Friday 3 March.

Students and staff of the College were joined in Eucharist at the Tuggeranong Basketball Stadium by College Chaplain Fr James Antony, Director of Catholic Education Ross Fox, representatives from several schools, former students, parents, politicians, Board members, and a number of past staff members. We were particularly grateful to have the College's foundation principal, Sr Noelene Quinane, in attendance.

This was MacKillop's first full-school Opening Mass since 2020, with COVID restrictions impacting the event over the past two years.

The Mass introduced the 2023 Liturgical Theme, "See and be grateful" (Mary MacKillop, 1884). This theme calls the community to reflect on and give thanks for MacKillop's history as we celebrate our 25-year anniversary.

As usual, the quality of the music and choir created a special atmosphere and helped transform the basketball stadium into a place of reflection and prayer.

The College thanks its new Assistant Principal for Faith, Mission and Religious Education, Mrs Clare Kinnane, for her leadership and organisation of the event. Congratulations also to the large team who created such a deeply moving community celebration of Eucharist and congratulations to the students for the solemnity and willing participation they brought to the occasion.





College Athletics Carnival

Meup Meup and Gurabang were the winners of MacKillop's 90s-themed Athletics Carnival at the AIS on Thursday 9 March.

The warm autumn weather did not deter students from getting involved, with massive participation, relentless spirit in the stands, and displays of great athleticism on the track and in the field.

The 90s theme for the carnival saw students dressed in an array of outfits and costumes in support of their House. The high level of enthusiasm from all four Houses meant that the battle for the Spirit Cup went down to the wire.

The carnival was an enjoyable event for all involved, thanks mainly to the organisational skills of Mrs Romina Schofield and her team of staff and students. Congratulations to all students for their high levels of participation and demonstrations of athletic prowess that made the carnival a huge success.





Relay for Life

On Saturday 1 April the Year 12 cohort will take part in the Cancer Council's 2023 Relay for Life. Relay for Life is an event that brings communities together to support cancer survivors as well as people who suffer with cancer both short and long term. Relay for Life allows us to remember loved ones who have been lost as well as those who have fought and are fighting a battle against cancer. Relay for Life allows us to raise much needed funds for the Cancer Council's prevention, research and support services.

This year the Class of 2023 has a target of \$70,000 so every dollar raised matters! Five dollars can help give newly diagnosed cancer patients important support and information to help them through their journey. One hundred dollars can help provide free accommodation for cancer patients, their families and carers during treatment. Five thousand dollars can help fund groundbreaking research into new and better ways to prevent, diagnose and treat cancer. Every cent is crucial to the research, support, and prevention of cancer.

As a school we are participating in Relay for Life to support not just our immediate community at MacKillop but our wider community across Canberra and the country. We Relay for the loved ones that have been lost to cancer. We Relay for the survivors of cancer. We Relay for those who have beat cancer. We Relay to make a difference! Between 7am till 7pm on Saturday 1 April we will be walking, jogging, running, relaying our way around the St Peter's Campus oval. There will be a variety of student performances, live music and entertainment by our cohort. Throughout the day a team baton will remain active across the 12-hour day.

We have so far been supported by our families, friends, local businesses, politicians and members of the wider College community. We are hugely thankful! So far we have raised an incredible amount, but we can raise even more. We hope that you can get around this amazing cause and help us achieve our goal of \$70,000!

If you would like to support us, donations can be made through our [team link](#). Together we can fight against cancer. Cancer never rests so why should we!

Emma Jobling • Faith & Community Captain



Project Compassion

Supporting Caritas' Lenten fundraising event

With the Catholic Church's celebration of Ash Wednesday and the commencement of Lent, the College has now kicked off its 2023 Project Compassion fundraising campaign.

Project Compassion, which is the main fundraising activity for Caritas Australia, seeks to raise funds for people living in some of the most vulnerable communities across the world. The collection of funds spans across the six weeks of Lent each year.

The theme of Project Compassion is 'For All Future Generations', which reminds us that the good that we do today will extend and impact the lives of generations to come.

The College is aiming to continue its strong support of Project Compassion in 2023. MacKillop has been a great contributor to the cause in recent years, with our students and staff having raised around \$150,000 over the past decade. Last year, the College raised \$12,241!

Students and families can donate via [Qkr!](#) or through Pastoral Care Classes.

St Joseph

"We see in St Joseph a perfect mirror of confidence in God - a wonderful, unbounded confidence in our good God." Mary MacKillop publicly declared her intention to serve God as a religious sister on 19 March 1866, the Feast of St Joseph.

This year in our Archdiocese we are encouraged to be part of the 'Year of Walking Together'. The Sisters of St Joseph point out that through the Gospel stories we see many examples where the Holy Family made a trip together – Bethlehem, Egypt and Nazareth. Throughout each of these journeys both Mary and her faithful husband Joseph were thrown together to face the contrasting emotions of uncertainty and awe – when faced with visits from Kings and an inn-keeper with no rooms.

In this, our 25th Year, may we as a school community, in the Josephite tradition, look up to the saint that St Mary MacKillop chose to be the patron of the order of religious nuns that she founded. St Joseph was a saint who knew how to listen, talk, discern, decide and act, 'In doing so, he widened the space of his tent, engaged in the mission entrusted to him and lived in the spirit of communion with all those he encountered along the journey. Struggles were part of his reality, yet he remained faithful 'to walking humbly with God' (Micah 6:8) in and through it all.' **Sr. Monica Cavanagh, SOSJ Congregational Leader, March 2023.**

As a celebration of the Feast of St Joseph, there will be a statue of sleeping St Joseph installed on each campus, blessed by our College Chaplain, Fr James.

The significance and prayer that accompanies these statues is outlined below:

Significance

"I really like St Joseph because he is a man of strength and silence. In my office, I have an image of a sleeping St Joseph, and while he sleeps he takes care of the church. When I have a problem or am faced with a difficulty, I will write it on a piece of paper and I will place it underneath St Joseph, so that he may dream on it. That means: for him to pray for that problem." Pope Francis, January 2015.

"In every difficulty apply to Joseph with confidence, and you will never be disappointed".

St Mary MacKillop, March 1906.

Prayer

O Glorious St Joseph, thou who hast power to render possible even things which are considered impossible, come to our aid in our present trouble and distress. Take this important and difficult affair under thy particular protection, that it may end happily. O dear St Joseph, all our confidence is in thee. Let it not be said that we would invoke thee in vain; and since thou art so powerful with Jesus and Mary. Show that thy goodness equals thy power. St Joseph, to whom God entrusted the care of the holiest family that has ever been, grant, we ask of you, the father and protector of ours, and let the grace be brought to us to live and die in the love of Jesus and Mary. St Joseph, pray for us who have recourse to thee. Amen.





Year 12 Hospitality

Welcomes Isabella Gardens residents To Café Bella

Year 12 Hospitality students have been operating the training restaurant 'Café Bella' as part of their course of study. This year they once again welcomed the residents from the Isabella Gardens Retirement Village to the Café. The residents from Isabella Gardens have been looking forward to this experience for weeks after the initiative was paused for a few years due to Covid-19 restrictions. With their quick wit and steady pace, the residents tested our students' ability to problem solve, make conversation, provide knowledgeable information about menu items and most of all show respect and understanding for their needs.

In true MacKillop style the students were outstanding ambassadors for the College. Fast, friendly service was a top priority and they achieved this with collaboration and patience within their team. Much praise was given to Year 12 by the residents for being welcoming, attuned to the needs of the group, showcasing excellence in customer service and representing the College in a positive and confident manner.

Students are responsible for all aspects of the restaurant, including managing front and back of house operations, planning, preparing and serving meals to guests who visit the restaurant.

The residents will be attending the Café on a regular basis throughout the year enriching the meaningful and authentic hospitality industry experiences for Year 12.

Janelle Maas • Food & Textiles Coordinator



Maths Help at MacKillop

At MacKillop we offer Mathematics Help at both the St Peter's (Senior) and Padua (Junior) Campuses. During the sessions students complete their classwork/homework and can also receive assistance from the Maths teachers on duty.

We hope that students take up these opportunities for assistance.

Anna Keppel & Dylan Watt • Mathematics Coordinators

Padua Campus

At the Padua Campus we have **Maths Club** every Tuesday and Thursday in the IRC from 3.20pm to 4.20pm. At these sessions we always have a Maths teacher available. This year we have a number of Year 11 and 12 students who are studying high level mathematics courses at the senior campus, offering assistance to our junior students.

Maths Club at Wanniassa is offered on all Tuesdays and Thursdays except for the dates below. On these dates teachers are required to attend to other matters and cannot provide assistance.

TERM 1 - No Maths Clubs Classes

Week 8	Tuesday 21 March
Week 10	Tuesday 4 April
Week 10	Thursday 6 April

TERM 2 - No Maths Clubs Classes

Week 13	Thursday 11 May
Week 19	Tuesday 20 June
Week 19	Thursday 22 June
Week 20	Tuesday 27 June
Week 20	Thursday 29 June

St Peter's Campus

On the St Peter's Campus we offer a great deal of support for students in maths. A Maths teacher is available in the IRC during the periods listed below to provide specialist Mathematics support.

Maths Assistance in the IRC

Week A			
Monday Period 2	Tuesday Periods 1&2	Thursday Periods 1,2&3	Friday Period 1
Week B			
Monday Period 2	Tuesday Periods 1&3	Thursday Period 1	Friday Periods 2&3

On the St Peter's Campus we also run **Mathematics Tutorials** in the Learning Commons after school on Tuesdays from 3.20pm to 4.20pm (see dates below) where there will be a Mathematics teacher available to assist students with their Mathematics classwork/homework.

Mathematics Tutorials

Week 9	Tuesday 28 March
Week 10	Thursday 6 April
Week 12	Tuesday 2 May
Week 13	Tuesday 9 May
Week 14	Tuesday 16 May
Week 15	Tuesday 23 May
Week 16	Tuesday 30 May
Week 17	Tuesday 6 June

STEM News

Year 8

This year in Year 8 we are trialling the ACARA Digital Technologies curriculum version 9. This semester, students will be learning about data, computer languages, networks, algorithms, privacy, and cyber security.



Year 9

Year 9 students are studying Photovoltaics this semester. They are gaining an understanding of solar energy, photovoltaics, and solar cells and applying their knowledge to the design of homes and locations of solar panels for efficient energy generation.

At the Padua campus next term, we are starting a new initiative, an Exploring Robotics Club, where students will learn to operate and build robots. The club will run on Monday afternoons. Notes are now available on Canvas in the student information section.

Year 10

Year 10 Students have been designing their own projects in STEM. In the latter half of the semester they will get to realise, test and evaluate their projects. Students also had the opportunity to visit KPMG in week 4 here is a brief account of the visit.

On Friday 24 February, we went to KPMG to participate in a STEM event presented by Engineers Australia. The experience provided us with a unique opportunity to learn about the field of engineering and its various applications. During the event, we were introduced to the benefits of becoming an engineer, as well as what it's like to have a career in engineering. The highlight of the day was the fun design challenges that we participated in. One challenge involved brainstorming as many solutions as possible, with no limitations, for a new ride design at Dreamworld that would make the user feel like they were flying. Another challenge required us to build a bungee jumping platform using spaghetti, string, and tape that could hold a marshmallow on top. It was a great experience that not only challenged our problem-solving skills but also enlightened us about the possibilities that a career in engineering can offer.

Thomas Crawshaw and Alexander Kwiatkowski • Year 10

Year 10 Crime and Politics

In week 6, the Year 10 Crime and Politics classes went on an excursion to both old and new Parliament House. Whilst at Parliament House, we had the opportunity to speak to our local government member David Smith, who talked to us about some initiatives the government is currently implementing in Canberra. We also had the opportunity to ask him questions and he gave us some good suggestions for our assignments, that we were currently working on! It was really interesting to compare the two houses of government and understand how politics has changed over the years. We had a chance to look at the history of politics which helped us to recognise current political issues and the development of policy. This excursion was relevant to what we are currently learning about in Crime and Politics and was a great experience!

Phoebe Vassallo & Leila Nikolic • Year 10



Year 11 Data Project

Since the start of 2022, Mr Tristan Burg has been working in the role of Data Project Officer. This role was established to investigate how the College could use the sources of data available across the College to better inform the teaching and learning process. The two-year project had a scope to: explore, compile and analyse sets of data; pilot the use of specific data metrics to support curriculum and pastoral leaders; develop efficient systems of data presentation to support staff in their decision making; and to develop systems of data presentation to inform students and parents about student progress.

As part of this process, working with Mr Matthew Crowe and Mrs Jane Cunneen, a pilot program for data-informed pastoral conversations was developed for 2023 Year 11 Pastoral Care teachers. For each student in Year 11, a data sheet was developed which tracked their performance in each Semester of enrolment in key areas related to attendance, approaches to learning and academic performance. Pastoral Care teachers were trained in the use of these sheets and these were used to enrich the Pastoral conversation with students by: affirming their successes; highlighting areas for development; guiding their 2023 academic ambitions goal-setting; and making connections between performance, study habits, and the support services offered for Senior student studies at MacKillop.

In the coming weeks valuable feedback will be gathered from Year 11 Pastoral Care teachers and Year 11 students, so we can refine and embed this data-informed practice at MacKillop. Later in the year we intend on inviting the parent community to an information night to explore MacKillop's broader use of data to inform teaching and learning.

Tristan Burg • Data Project Officer



Student Leadership Forum at Parliament House

On Wednesday 15 March, members of the Senior SRC were lucky enough to attend a Student Leadership Forum at Parliament House. We were joined by leaders from two other schools around the Tuggeranong region.

We started the day with a brief overview as to what the day would entail by David Smith MP, the Federal Member for Bean. A second speech was then delivered by the Deputy Mayor of Queanbeyan, Cr Esma Livermore. Esma inspired us with her speech about the significance of first-nation voices being heard in Parliament and highlighted how we can be a voice for all people of the country.

We then continued with a tour of Parliament House, led by David Smith, which included a visit to areas not shown to the general public, such as the ABC media offices and the Prime Minister's office. We were able to see first-hand how our country is run and the significant role the media plays in disseminating information.

We ended the day with a panel discussion, where we had the freedom to ask any questions to other employees of Parliament.

All in all, we had an enjoyable day learning more about how our country is run and getting to experience the behind-the-scenes of Parliament House. We are grateful for the opportunity to have participated in this event and encourage all future leaders to take advantage of similar opportunities if presented with them. It was a valuable experience that allowed us to expand our knowledge and become more engaged citizens.

Toby Barber • Communications & Connections Captain

Year 7 Community Day

On Wednesday 1 March Year 7 celebrated Community Day. Students were challenged to meet new people and for the first time this year, work together in House Groups. The day gave Year 7 an opportunity to focus on team building, leadership and communication skills through a range of structured activities. Students were encouraged to be leaders in small group tasks to prepare for the upcoming SRC election.

Year 7 students have voiced some of their experiences of the day:

The 2023 Community Day was important as it gave us the opportunity to collaborate with other students and learn how to show leadership and prove to the teachers that we can work well together in a group. My favourite activity during the day was the cup game. This was a team game where we had to get an elastic band with string on the outside and stack up plastic cups. Another activity I loved was the newspaper modelling game where we had to nominate a person and make a dress/costume for them. I love the outfit they made. It was very creative and it was good teamwork from all teams. The day challenged my skills and helped me meet new people.

Nathan Jones • Year 7



Year 7 Community Day was filled with lots of challenges that brought the cohort together and helped us meet new people. One of my favourite challenges was when we had to design a dress out of newspaper in a group and do a catwalk whilst someone from your group was explaining about the outfit to persuade the judges (which were the teachers). The prize was a lolly but sadly our team didn't get to explore the taste of it because we didn't win. The winning outfit cleverly made a dress with flowers and a handbag to collect the flowers. Overall an interesting and rewarding day.

Millie Thompson • Year 7



Kathleen Galvin & Anita Ramirez • Year 7 Pastoral Care Coordinators

Driver safety when collecting students

It is important that parents are using the basketball courts on both campuses as the primary pickup point when dropping off or collecting students. It can become congested at times, therefore patience is valued. The students have been reminded about ensuring their safety as pedestrians, both in the carpark, basketball courts, surrounding streets, at crossings and at bus stops. Please slow down, give way at crossings, be patient and assist in ensuring the safety of all.

Year 10 Urban Challenge

Parent Information Session

The Year 10 Urban Challenge will take place in the urban landscape of Sydney and its surrounds during the last week of Semester 1. Students will operate in small teams of approximately 16 with each student taking on the responsibility of a specific role within the team. Teams are required to complete a series of challenges and activities, embarking on an unfolding adventure that takes them all over Sydney. Students are given the freedom to make their own decisions. This includes being responsible for navigating their way around, buying and preparing food, solving clues and managing a team budget.

In preparation for the experience, staff from the Urban Challenge will attend the College to provide information to parents and students.

The details of the parent information session are:

Date: Tuesday 28 March

Time: 6.00pm

Venue: Theatre, Sr Noelene Quinane Building, St Peter's Campus

Free Webinar: Anxiety and Resilience

In partnership with Dr Justin Coulson - leading parenting expert, the Council of Catholic School Parents will be holding a free webinar focussed on Anxiety and Resilience strategies for parents and carers to assist their children.

Date: Wednesday 29 March

Time: 7.00pm – 8.00pm

[Register Here](#)

Queensland inquiry to examine proliferation of vaping

In an interesting article on the [ABC recently](#), some details of a Queensland state government inquiry into vaping were outlined. As many of us are aware, vaping has grown in popularity in a short space of time. Some data from an Australian National University study indicated that one-third of e-cigarette users were under 25, and half were under 30. The same study found that one in ten people over the age of 14 had tried a vape ([Australia has a vaping problem, but no easy health or political solution - ABC News](#)). This would show the critical time to inform, educate and shape young people's attitudes towards harmful practices like vaping is now in their formative years.

The scope of the Queensland inquiry will be noteworthy. It will consider how widely available vapes are and why that is the case. In addition, the inquiry will examine the contents of the liquid in vapes and the potential harmful effects of vaping those chemicals. The ACT Legislative Assembly recently passed legislation (The Health Legislation Amendment Bill, 11/2022) that sought to enhance the laws related to vapes in the following ways:

- Prohibiting the sale of e-cigarettes from vending machines; and,
- Enforcing stronger compliance from businesses to not sell vapes to people aged under 18
- Ensuring nicotine vapes were only available under prescription ([ACT vaping laws are changing | Canberra CityNews](#))

The more information that is publicly available in this regard the better it will be for parents and carers, and teachers, to have important conversations with young people regarding vapes and vaping. In addition, the stronger and more effective regulatory systems are to control the prevalence of vapes, the better chance we as parents/carers and teachers have of steering the young people in our care in healthy directions.

Rohan Langford • Director of Student Wellbeing



Learning Commons Display

Hannah Vickers (Year 11) has spent some of her spare time over the last few weeks working with the library staff in designing a new display inspired by the colours of autumn.

If any St Peter's students have ideas about themes or displays that they would like to see in the Learning Commons space feel free to come speak to us in the library, we would love to help bring your ideas to life!

Sara Vassallo • Learning Commons Teacher

Status Awards

Congratulations to the following students who have been presented Status Awards at the Padua Campus Assembly:

Bronze Status

Benjamin Clark 7F3, Maily Ngo 7F2, Peter O'Brien 7A3, Cameron Rasheed 7F1, Griffin Russell 7A1

Silver Status

Sienna Radulovich 8F4

Paul Durham • Assistant Principal, Pastoral Care

Music at MacKillop

Students can participate in our in-school instrumental tuition through the College. If you would like to take part or for further information, please speak with Ms Boulton or Mr South.

Instrumental tuition that is available:

Woodwind – Flute, Clarinet, Saxophone

Brass – Trumpet, Trombone, French Horn, Euphonium, Tuba

Percussion – Drum Kit and Orchestral Percussion

String – Violin, Viola, 'Cello, Double Bass, Guitar, Bass Guitar

Piano

Voice

Our Ensemble Program:

Mon	MacKillop Choir	St Peter's	3:45-4:30pm
	PCoPA	St Peter's	4:30-5:30pm
Wed	Guitar Ensemble	Padua - Music Room	8-8:45pm
	Senior Wind Ensemble	St Peter's - Music Room	3:45-5pm
	St Peter's String Ensemble	St Peter's - ARC Theatre	3:45-5pm
Thu	Junior Band	Padua - Ensemble Room	8:15-9am
	Junior Strings	Padua - Music Room	8:15-9am
	Musical	Padua - Theatre	3:45-5:30pm
Fri	Padua Concert Band	Padua - Ensemble Room	8-9am
	Padua String Ensemble	Padua - Music Room	8-9am

Veronica Boulton
Director of Music & Performance

College Sport

Wow – what a busy two weeks we have had in sport! The College held its first Swimming Carnival in three years and then we backed up two weeks later for our Athletics Carnival. It was great to have these major events back on the College calendar and we were so fortunate to have the perfect weather for both events. The students brought amazing energy and participation levels to both carnivals and congratulations to the House Captains and the Year 12 cohort for leading the way.

The Athletics Carnival saw a number of records broken – congratulations to the following students!

Event	Previous Record	New Record	Student
1500m (Senior Girls)	329 seconds	303.01 seconds	Milly McCabe
800m (Senior Girls)	165 seconds	145.37 seconds	Milly McCabe
200m (16yrs Boys)	24.32 seconds	23.96 seconds	Cooper Johnston
100m (14yrs Girls)	13.08 seconds	12.84 seconds	Mia Keen
Long Jump (12yrs Girls)	4.37 metres	4.41 metres	Maily Ngo

We have also had teams represent the College in the following sports: ACT Tennis, ACT Water Polo, ASC Touch and the Alan Tongue Rugby League Tournament.

Congratulations to the 9/10 Girls team, coached by Mr Scott Trodahl, who won the ASC Touch Tournament and will now progress to the ACT Touch finals day in Week 10 of this term.

Congratulations to all staff and students involved!

Romina Schofield • Sports Facilitator

Student and Staff Achievement

Nicholas Christian (Year 8) has been selected to represent the ACT in Athletics for the 100m, 200m, 3km race walk and hammer throw in Brisbane in April.

Brodie Maguire (Year 12) has been selected to compete in the ACT Women's Touch team.

Brianna Hosie (Year 12) has been selected to compete in the NSW Women's Baseball team.

Alec Tompkins (Year 12) has been selected to compete in the ACT Pistol Shooting team.

Congratulations to Cathryn Thomas who last Wednesday evening was awarded the ACT School Sport Official of the Year for 2022. Cathryn has volunteered as the Manager of the ACT School Sport Swimming Team since 2008.

Congratulations to Ainslie Bignell (Year 7) who was nominated for two Awards - the 12 and Under Sportsmanship Award and the 12 and Under Leadership Award. Ainslie is representative netball player for the Tuggeranong Netball Association.

Charlie Fegan and Cody Owen (Year 9) competed in the Australian Mountain Biking Interschools competition in Thredbo in March.

Fees

Fees for Term 1 should now be finalised unless paying by Direct Debit or other approved arrangement.

Any outstanding fees should be paid immediately.

It is most important that you notify the College regarding any changes to your email address as this is our primary form of communication.

If you require more information regarding Direct Debit arrangements or other approved payment methods or are experiencing difficulty paying the fees please contact the Fees Office.

Michelle Predovan • Fees Manager

Technology

Our Year 10 Automotive class is in need of some old lawn mowers.

If you have an old lawn mower that you would like to donate, please call 62090164 or email john.solari@mackillop.act.edu.au to arrange a drop off time.

Community News

Two Shed Workshop

Woodwork classes for kids and teens of all genders and women. Two Shed teaches how to use a range of core woodwork tools, build an awesome range of projects, and develop skills for life.

Classes are for kids 7yrs+ and no prior experience is needed.

Monday-Thursday: 4-5:30pm
Friday (for teens): 4-5:30pm

For more information visit: [Two Shed Workshop](#)

Future of Education Equity Fund

The ACT Government's Future of Education Equity Fund provides one off payments to low income earners in the ACT with dependent full-time students.

Eligibility requirements and application forms are available [online](#).

For further information please phone the Equity Fund team on 6207 1818.

Michelle Predovan • Fees Manager

Second Hand Uniform Shop

The Second Hand Uniform Shop (SHUS) will be closed 16 and 23 March. It will open again on 30 March. Remember to call or email the SHUS with your requirements or to make an appointment.

Judy • Uniform Shop Coordinator

Canberra Autumn Cricket Camps

The Team at Pro Performance Cricket are excited to announce their upcoming Holiday Cricket Camps. They offer intensive individual and group skill development for players across all facets of the game, and a focus on a positive and fun.

Time: 9am - 3pm each day (8:30am drop off)

Where: Deakin Mint Oval

CAMP 1: 11 - 14 April

CAMP 2: 17 - 21 April

To book visit: [Cricket Camp](#)



MacKillop
St Mary MacKillop College Canberra

Contact details



02 6209 0100



info@mackillop.act.edu.au



www.mackillop.act.edu.au



**PO Box 1211
Tuggeranong ACT 2901**



Mackinnon Street, **Wanniassa** (Years 7-9)
Ellerston Avenue, **Isabella Plains** (Years 10-12)



Absentee SMS Line
0429 131 463

Socials



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Learning to take on challenges

Challenges are the pathway to growth. When our children habitually avoid challenges, their learning stalls. When they learn to understand, value, and embrace challenge, their learning accelerates. So, helping our children develop a healthy relationship with challenge becomes one of the most important ways we can help them become better learners.

How does your child respond to a challenge?

Does your child avoid a challenge, seeking their “path of least resistance” in learning?

Or do they select the challenges they know they can do? Looking like they are working hard, but secretly avoiding mistakes by not taking on anything too challenging?

Maybe your child takes on challenges because the teacher tells them to. They follow the teacher’s instructions and are led through challenging tasks.

Perhaps your child takes on challenges because they need to. They have something they want to achieve, a goal in mind. Their relationship with challenge is born out of necessity so they can reach their goal.

But imagine if your child embraced challenges. In the spirit of John F. Kennedy when he said, “we do these things, not because they are easy, but because they are hard!” Imagine if when they were given the choice of doing something hard, or something easy, they’d choose the more challenging task, because they understood that challenge is the pathway to growth.

Becoming a Skilful Learner

How our children respond to challenges is a key element of what I call Learnership™ – the skill of learning. Learnership is a skill developed over time. It helps our children (and us) to get more out of every learning opportunity. Most importantly, Learnership is something we can teach our children that helps them to thrive both in school and life.

As parents we can help our children on the path to becoming better learners, by helping them develop a healthier and more productive relationship with challenge.

Comfort Zone V's Learning Zone. What's the Difference?

The first step in helping your child develop a healthy relationship with challenge is to teach them the difference between their Comfort Zone and their Learning Zone.

We've all heard that we need to get outside our comfort zone and challenge ourselves, but how many of our children truly understand what that means?

For many people, getting outside their comfort zone means trying something new. But something new, isn't always something challenging. Very often "new" is simply an "easy thing we haven't done yet". There is little struggle involved in this type of challenge, it comes with a great deal of certainty, and confidence that we'll succeed. These challenges feel more like a task. They keep us busy, but they don't help us get better. These types of challenges are in our Comfort Zone.

To be truly challenged our children need to stretch themselves beyond their current abilities. These types of challenge feel like a problem. Unlike a task where the path to completion is easily recognised, the solution to this challenge is not immediately apparent. They leave us feeling uncertain, and they involve struggle. The challenge feels "hard". When our child feels like this, it's a good sign they are in their Learning Zone.

Being in your Learning Zone feels uncomfortable. When our children find themselves in the Learning Zone, their first reaction is often to get out of it. Suddenly anything else seems like a more attractive option. They look for distractions, seek out easy options or adopt any number of avoidance strategies.

Struggle is temporary

It's important to help our children recognise that the feeling of struggle and discomfort that comes with being in their Learning Zone is temporary. It passes. Many children believe if they are struggling now, then the next step in learning will involve even more struggle. They believe that the further they go, the more uncomfortable they'll feel. So naturally, they turn away from further struggle.

The reality is that effort is the currency of growth, and struggle is the price we pay for that growth. The reward is that what we experienced as hard today, becomes easy tomorrow. It doesn't get harder and harder and harder. It's hard, then it's easy. Then they move on, and the next step is also hard, until they make that easy. Being in the Learning Zone, and experiencing the struggle that comes with it, is not only a normal part of learning, but also an essential part of growth.

Parenting for more skilful learners

As parents we have an important role in helping our children become more skilful learners. This begins by helping them develop a healthy relationship with challenge. By teaching them that effort is the cost of growth, and normalising the struggle that comes from being in their Learning Zone, we help them become "comfortably uncomfortable" with challenge, and put them on a path of continuous growth.



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James Anderson is an international speaker, author and educator. In an educational landscape focused on teachers, James' work focuses on learners. His signature work defines Learnership™ – the skill of learning. He answers the question: What does it mean to be a skilful learner? For further information visit jamesanderson.com.au. You can also listen to James and Dr Justin Coulson discuss Learnership™ on the Happy Families podcast episode #529 (The Growth Mindset) and #559 (How to Create Skillful Learners).